

YOGA THERAPEUTICS

with Ross Rayburn



Thu - Sun 1st - 4th February 2018



Why Yoga Therapeutics?

Therapeutic knowledge and skill empowers you as a teacher to know what to do when someone in your class has an injury or walks into class with a therapeutic issue.

Therapeutic skills elevate your ability to construct and execute a healthier and more potent class.

Therapeutic awareness deepens your overall sensitivity and versatility as a teacher.

Yoga therapeutics alludes to the healing power of yoga. It does however need further explanation since healing and health are such extremely broad and complex topics. In these workshops Ross will seek to demystify and illuminate how the breadth and complexity of health and healing can be understood and applied. His many years of experience and his clarity in explaining complex topics, have made him one of the “go-to” experts in the yoga world on this topic.

Ross’ view on therapeutics is that we should practice humility and detachment from “knowing it all”. Broadening our own perspective, opening to new ideas and cultivating a nimble mind, set the stage for learning and adjusting to the ever-changing challenges of health. Additionally, yoga therapeutics asks us to dive deep and make a significant commitment to study, examine and build an accessible body of knowledge. Academic work is imperative, but moreover we must fortify ourselves with a personal commitment to an experiential awareness.

Lastly, one of the less known benefits of yoga therapeutics is how the awareness and precision one gains in this study becomes a portal for transcending our individual impediments to a deeper practice. Eventually, every yogi hits roadblocks that require sophisticated, individual adjustments and refinements. Once understood the apparent tension between remedial and advanced melts away to reveal a most logical relationship between specificity and sublimity.

In other words, the work of being both open and so deeply committed will yield surprising breakthroughs in your practice. When you slow down and temporarily back off, you step back from the grip of being stuck, whether that’s stuck by injury or normal plateaus. In turn, this kind of patience opens the gateways of greater understanding and feeling. New insights arise, fueling your commitment and enthusiasm. You begin to feel more and more empowered to shift your experience and your patterns in ways where before you felt a sense frustration or uncertainty. In other words, with therapeutics you can’t fake it. And learning how to practice more authentically is one of the most effective ways to practice superlatively!



Ross Rayburn started practicing yoga in 1997 following a knee injury. First trained in Ashtanga and Iyengar at Yoga Works in 1999, Ross became a certified Anusara Yoga teacher in 2003. In 2004, he opened Yogainsideout in Los Angeles. In 2007, Ross went on the road full-time, teaching workshops and trainings all around the world. He has taught yoga in over 100 different cities in 24 countries. Ross is known for teaching some of the most sophisticated aspects of yoga with passion, humor and clarity.

Ross has also become renowned for his knowledge and skill in helping people with physical injuries. He has focused on yoga therapeutics for the last 10 years and has worked with a number of professional athletes and dancers. He has taught internationally over 50 therapeutic trainings to hundreds of teachers and students including physical therapists and medical doctors..

PROGRAMME

Thursday, 1st Feb 2018

1.30pm - 5pm: Therapy Training - Fundamentals of Lower Back and Hips
6.30pm - 8.30pm: Flow Practice with Hip-Opening and Forward Bends

Friday, 2nd Feb 2018

1.30pm - 5pm: Therapy Training - Fundamentals of shoulders
6.30pm - 8.30pm: Flow practice with Headstand, shoulderstand and meditation

Saturday, 3rd Feb 2018

9am - 11am: Flow practice with handstands and hand balancing focus
12.30pm - 4pm: Therapy Training – Wrists, Ankles and Knees

Sunday, 4th February 2018

9am - 11am: Flow practice with backbending focus
12.30pm - 4pm: Therapy training: Serious injuries and complex situations (herniated disc, hip replacements, degenerative issues and more)

INVESTMENT

4-DAY Yoga Therapeutics (full workshop) **S\$980 Early Bird**. Otherwise S\$1130
1 Day (Full Workshop) module only **S\$280 Early Bird**. Otherwise S\$320

4-DAY Therapy Training only **S\$640 Early Bird**. Otherwise S\$740
1 Day Therapy Training **S\$180 Early Bird**. Otherwise S\$210

4-DAY Flow Practice only **S\$420 Early Bird**. Otherwise S\$480
1 Flow Practice session **S\$120 Early Bird**. Otherwise S\$135

*All prices are inclusive of GST

**Early Bird FULL payment by 15th January, 2018

VENUE


COMO Shambhala Urban Escape
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INFO AND REGISTRATION

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